

# APRIL 2016

## CHITIMACHA

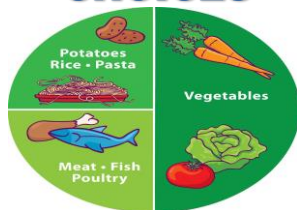
### TRIBAL SCHOOL

### MEALS

### PROVIDE YOU WITH

### HEALTHIER

### CHOICES



LET'S SEE HOW MANY DIFFERENT COLOR VEGETABLES YOU CAN EAT PER DAY!!!!

Our Salads are a combination of Spinach Romaine, Iceberg, Tomatoes, Purple Cabbage & Carrots

Our Stack of Trim is Iceberg Lettuce, Tomatoes, & Pickle Slices

Half the Grains we serve for Breakfast are Whole Wheat/Whole Grain.  
All the Grains serve at Lunch are Whole Wheat/Whole Grain.

WE SERVE A VARIETY OF MEATS EACH WEEK.

We serve Fresh and Canned Fruits Weekly  
Also 100% Fruit Juices

CHOICE OF MILK SERVED DAILY WITH BREAKFAST AND LUNCH

MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
FRENCH TOAST	BREAKFAST PIZZA	BISCUIT	CEREAL	SCRAMBLED EGGS
SAUSAGE	GRITS	HAM	TOAST	HASHBROWNS
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
COUNTRY FRIED STEAK	PIG-N-BLANKET	CHICKEN STEW, RICE	TACOS	PIZZA
MASHED POTATOES	BAKED BEANS	GREEN BEANS	CORN,SALAD CUP	CORN COBBETT
GREEN PEAS	FRIES	SALAD	CHEESE CUP,SALSA	SALAD
SALAD ,FRUIT	FRUIT	FRUIT	FRUIT	VEGGIE CUP
ROLLS		ROLLS	COOKIE	FRUIT
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
BISCUITS	YOGURT	WAFFLES	CEREAL	CINNAMON ROLLS
SAUSAGE	MUFFIN	SAUSAGE	POP TARTS	OATMEAL
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
HAMBURGERS	RED BEANS/SAUSAGE	HAM& CHEESE	BEEF STEW, RICE	CHILI FRITOS
FRIES	RICE	FRIES	TOSSED SALAD	CORN
SALAD CUP	WINTER BLEND	SALAD CUP	SWEET PEAS	SALAD CUP
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT , COOKIE
	CORNBREAD	BUNS	ROLLS	
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
FRENCH TOAST	BREAKFAST BURRITO	BISCUITS	CEREAL	BREAKFAST PIZZA
SAUSAGE	GRITS	SAUSAGE	TOAST	GRITS
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
MEATLOAF	HOT DOGS	WHITE BEANS, RICE	CHICKEN FAJITAS	PIZZA
MASHED POTATOES	TATOR TOTS	PORK CHOPS	CORN,SALAD CUP	CORN
GREEN BEANS	VEGGIE CUP	BROCCOLI/CHEESE	SALSA	TOSSED SALAD
FRUIT	FRUIT	FRUIT	COOKIE	FRUIT
ROLLS		ROLLS	FRUIT	
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
WAFFLES	BISCUITS	GRITS, TOAST	CEREAL	HASHBROWNS
HAM	SCRAMBLED EGGS	SAUSAGE PATTIE	TOAST	SAUSAGE
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
CHILI/BEANS	CHICKEN NUGGETS	COUNTRY FRIED STEAK	MEATBALL SPAGHETTI	CORN DOG
TOSSED SALAD	MAC/CHEESE	MASHED POTATOES	TOSSED SALAD	FRIES
FRUIT	GREEN BEANS	PEAS & CARROTS	CORN,SALAD CUP	VEGGIE CUP
CRACKERS	FRUIT	FRUIT	ITALIAN BREAD	FRUIT, COOKIE
	ROLLS	ROLLS	FRUIT	